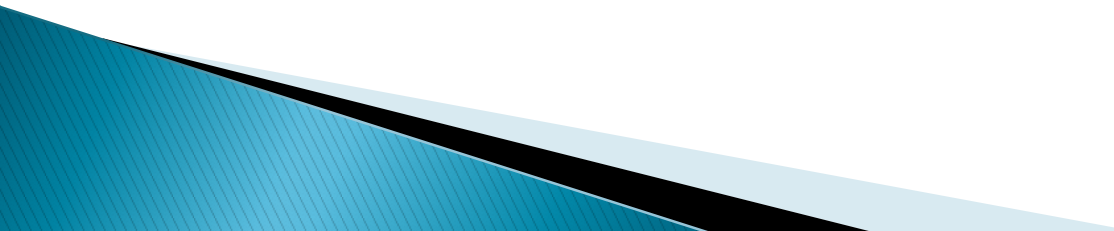


NM Family Advocacy Program ECHO Session

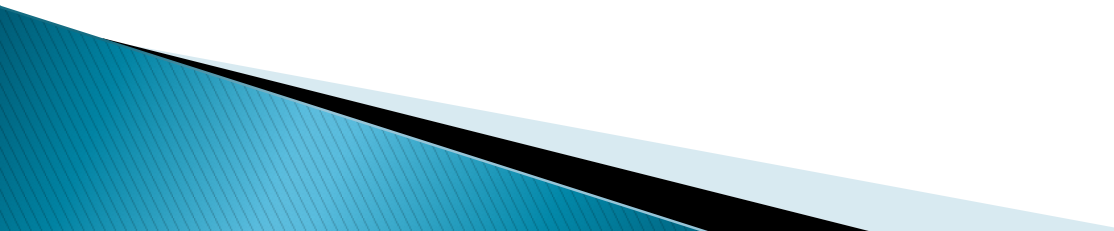
Psychosocial, Developmental, Mental
Health Obstacles to Parental and
Family Success

Susan K Burns LCSW 4/30/19

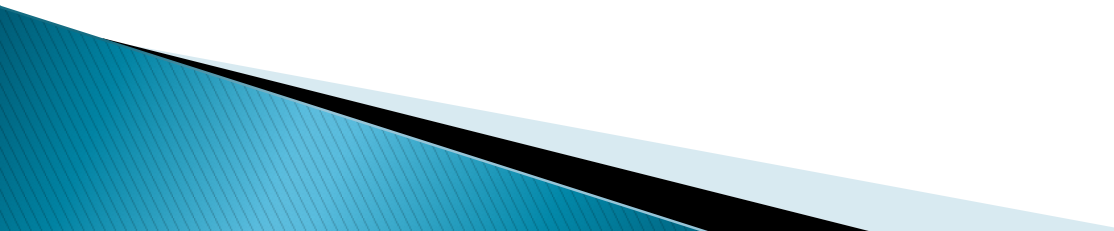
Today's Workshop Objectives

- ▶ Increase awareness of the range and complexity of mental health needs of NMFAP clients.
 - ▶ Discuss community-based treatments clients may explore to address these needs.
 - ▶ Clarify the psychosocial/developmental components that interfere with program success.
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NM FAP


- ▶ The New Mexico Family Advocacy Program is tasked with the vital role of assisting parents involved in the Child Protective Service system. To do this requires a difficult balance of support and challenge to the life choices of these parents.
 - ▶ Many of the families involved in NMFAP have experienced current and generational psychosocial and mental health complications in making healthy or successful choices. To create stronger family systems and healthier children, we must understand the often life-long challenges parents may face that complicate or at times sabotage their own desire for success.
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Long term challenges for clients

- ▶ Developmental delays
 - Disorders across the life span: intellectual disabilities, autism spectrum, attention-deficit disorders, schizophrenia spectrum
 - ▶ Mental Health realities
 - Chronic conditions vs adjustment disorder
 - ▶ Psychosocial concerns
 - Poverty
 - Homelessness
 - Little if any family support
- 

Impact of combinations of all three challenges: Wicked Social Problems

A **wicked problem** is a social or cultural problem that is difficult or impossible to solve for as many as four reasons:

1. incomplete or contradictory knowledge,
 2. the number of people and opinions involved,
 3. the large economic burden, and the
 4. interconnected nature of these problems with other problems; Poverty is linked with education, nutrition with poverty, the economy with nutrition, and so on.
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Intergenerational Maltreatment of Children

- ▶ Wildly mixed range of studies on the issue of whether or not parents abused as children will more likely abuse their own.

Child Welfare Information Gateway. (2016).

Intergenerational patterns of child maltreatment: What the evidence shows. Washington, DC: U.S. Department of Health and Human Services, Children's Bureau.

These concerns (mediators) are more likely to continue the cycle:

Ongoing serious financial difficulty

Young parental age, education, psychiatric history

Poor or absent social support for parents

Parental life stress, anxiety or depression

Maternal emotional dysregulation and negative affect


Tendency to respond to minor provocations with verbal or physical aggression

Maternal substance use

Experience of intimate partner violence



Dysregulated Behavior

- ❖ Aim is to “turn off” intolerable emotions or urges through addictive, self-destructive or impulsive behaviors.
 - ❖ Provide short -term relief or pleasure that cause harm over time.
 - ❖ Becomes a patterned, repeated, embedded response to any stress.
 - ❖ Behavior that is extremely hard to stop even when a person knows it is causing harm and even when they make sincere efforts to resist or reduce.
 - ❖ Long histories of being judge and criticized for being “lazy, selfish, weak, character-flawed” for repeating behavior.
 - ❖ Makes building rapport especially challenging and is ripe for countertransference due to worker frustration due to slow progress.
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Interventions/ Resources

- ▶ Home visiting programs
 - ▶ Parent education programs
 - ▶ Mental Health therapies, ind and family
 - ▶ Substance Abuse work
-
- ▶ How do we get them there or keep them there?

Complex clinical case management ie,
NMFAP Social work focus



References

- ▶ **Wicked Problems: Problems Worth Solving**
www.wickedproblems.com/9_works_cited.php
Rittel, Horst. "Dilemmas in a General Theory of Planning." *Policy Sciences*, 1973: 155–169.
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- ▶ **Dysregulated Behavior**
Wupperman, P. (2019). *Treating impulsive, addictive , and self-destructive behaviors*. New York: Guilford Press